SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14 SHOPPERS DRUG MART

WINNIPEG metro®

Straight out the basement

Project to send teens out of the house and into the city to attend events and post their adventures online PAGE 2

Is there 'like' after death?

A group of lawyers says your loved ones should be granted access to your online accounts after you die PAGE 10

THANKS FOR THE DOUGH, NOW TO MY MOVIE PLEASE GO

ZACH BRAFF ON HOW CROWDFUNDING ALLOWED HIM TO MAKE HIS FILM WISH I WAS HERE THE WAY HE WANTED PAGE 13

FRINGE FEST ON A ROLL

Nancy Kenny from Fringe show Roller Derby Saved My Soul goes through the tall legs of Running on Stilts performer Ross Vegas at the Winnipeg Fringe Festival's official kickoff at Old Market Square on Wednesday afternoon. The festival runs until July 27. More coverage, page 2. SHANE GIBSON/METRO

Province committed to 'thorough review' of police HQ audit

'We have to restore confidence.' Council votes in favour of sending KPMG audit to Manitoba Justice

Quoted

"What I'm saying is there should be a full public inquiry with powers of subpoena, powers of testimony under oath." Coun. Russ Wyatt

BERNICE PONTANILLA
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A second audit on a City of Winnipeg project is headed to Manitoba Justice.

On Wednesday, city council voted in favour of sending KPMG's audit of the $210-million Winnipeg police headquarters project to Justice officials.

A spokesperson for the provincial government said in an email to media that Manitoba Justice "will determine the best method for review of these documents once they are received from the city."

"The Province is committed to a thorough review and will advise of next steps when that review is complete," added Matt Williamson, the director of cabinet communications.

However, at least one councillor feels the matter should be taken further, openly advocating for a judicial inquiry.

Coun. Russ Wyatt (Transcona) said there have been three audits — the previous ones on 33 real-estate transactions going back to 2007 and the one delivered last fall on the fire halls — that have shown "similar issues."

"What I'm saying is there should be a full public inquiry with powers of subpoena, powers of testimony under oath," said Wyatt, who voted in favour of the amendment that saw the audit go to Justice.

"These are the things that should be pursued, and I think it's crucial right now. With everything that's occurred, there's a cloud over the city, there's a cloud over city hall.... We have to restore confidence and trust in terms of how the city operates."

Mayor Sam Katz, who voted against the Justice amendment, said he didn't want to speculate on Wyatt's motives for calling for a judicial inquiry and is confident that, like the auditors stated, Justice officials will find no criminal activity.

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From left Ben Boxall, 16, Sam Sawchuk, 13, and Nick George, 17, are all taking part in McKim Communications' pilot Get Out Of The Basement project this month. SHANE GIBSON/METRO

Project gets teens out of the basement

McKim Communications. Initiative encourages youth to explore the city this summer

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A group of Winnipeg teens has decided they're not going to waste away in front of the TV this summer, and they're using social media to encourage others to venture out of their parents' basements as well.

The idea, aptly dubbed Get Out Of The Basement, is a month-long pilot project dreamed up by McKim Communications Group president and CEO Peter George. It will see three teens spend July hitting up events around Winnipeg and posting edited video of their adventures online.

"The idea came from my dad who used to tell me to get the hell out of the basement and go do something," chuckled George, who has enlisted his own son, Nick, 17, to take part. "There's a lot of great things that go on in Winnipeg during the summer.... We do a lot of work promoting local events here, so I thought this would be a good trial project for us."

Since starting at McKim, the teens have gone to Winnipeg Folk Fest, toured the Manitoba Museum and spent a day interviewing people at the anime convention Ai-Kon.

"This has really helped me broaden my communication skills, meet people and got me to go to events I'd never have considered going to," said Ben Boxall, 16, who admits he'd otherwise have spent the summer getting a reverse sun tan in his basement. "I would be sitting in an air-conditioned room playing video games."

Follow the teens this summer under the hashtag #getoutofthebasement on Twitter, Facebook and Instagram and check out their videos on YouTube.

Find the rainbow: 'Skittles' from Assiniboine Park go missing

The Assiniboine Park Conservancy (APC) is hoping someone has seen their "skittles" rolling around.

The Conservancy says three of their big, round, colourful balls on the Nature Playground went missing overnight on Monday.

"These balls are anchored to the ground and are quite large and very heavy," said Laura Cabak, spokesperson for the APC. "It is a bit of a mystery how and why someone might want to take them, but nevertheless, they are gone and we would love to get them back."

Cabak said staff have searched the park in the hopes the skittles would be found on the grounds — but no luck.

"If someone, somewhere discovers one or more of these large colourful balls, we would love for them to give us a call at 204-927-6000 so we can retrieve them and put them back where they belong in the Nature Playground for kids to enjoy," she said.

METRO

The "Skittles" at the Assiniboine Park's Nature Playground. COURTESY ASSINIBOINE PARK CONSERVANCY

Fringe. Fest will make you laugh, cry and question reality

Metro Winnipeg and the CBC have partnered to bring you the best of the Winnipeg Fringe Festival, which runs until July 27. Here's three shows you should check out, reviewed by a CBC critic.

The Legend of White Woman Creek

When I review a show, I like to take notes during the performance. But after the first 15 minutes of watching The Legend of White Woman Creek, the pen laid still in my hand and I spent the rest of the show trying, unsuccessfully, not to cry.

The show is based on an American ghost story. Katie Hartman plays the conjured spirit of Amy Morgan Faber, a pioneer woman said to haunt a creek in Kansas. Hartman tells Amy's tragic life story through song. The music is beautiful, and her voice is a trained heart-tugging tool.

This is a gripping tale, told so well that there was likely not a single dry eye in the house by its end. Go find out why for yourself.

ROSIE FERNANDEZ

Mr. and Mrs. Alexander: Sideshows & Psychics

Whether or not you believe in magic, this show will definitely charm you. Presented as the historical account of a pair of infamous Victorian sideshow performers, this production will have you puzzling at what is real and what is an illusion.

Lizzie Tollemache and David Ladderman are masterful and fearless performers, who draw you into the late 19th-century world of Mr. and Mrs. Alexander — from their sudden rise to fame in New Zealand to their sudden exit.

The story interweaves a behind-the-scenes look at the couple's "real" life while recreating their original stage act, which showcases the actors' considerable talents as street performers. Tollemache and Ladderman have concocted a magical show, and it's not to be missed. ROSIE FERNANDEZ

Watch Out WildKat! (Yer Dealin' With The Devil)

Toronto comedy troupe Sex T-Rex offers up a fast-moving, high-energy, side-splitting romp that grabs you and takes you on a galloping ride through the wild west.

The comedy follows WildKat MacReady, who is on the hunt for her father's killer. But it spins off irreverently from typical western conventions, striking just the right balance between the absurd and the fantastical ("There's no takesies-backsies when you're dealing with the devil" is one of WildKat's guiding principles).

A stellar cast, imaginative choreography and nonstop laughs make this show a must-see — so giddy-on up. ROSIE FERNANDEZ

All shows were reviewed at the Toronto Fringe Festival, which ran July 2 to 14. To read more reviews at the CBC's website, scan the QR code below.

Assiniboine River

Water expected to recede in next few days

The worst appears to be over for people dealing with the threat of flooding along the Assiniboine River in southern Manitoba.

Provincial officials say the water heading into the province from Saskatchewan has crested near Portage la Prairie west of Winnipeg.

They say the water should start to recede slowly over the coming days.

Water levels will remain high on Lake Manitoba, which is expected to peak in early August.

Flood water coming from the west recently prompted Manitoba to declare a state of emergency and call in the military to help people protect their homes.

The province says more than 1,000 people from the military and government departments were involved in flood preparations.

THE CANADIAN PRESS

Coun. Russ Wyatt said his motion's failure sends the "wrong message" to the provincial government. BERNICE PONTANILLA/METRO

PST question on ballot a no-go

Council vote.
Upcoming civic election won't see funding question put to the test

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There will be no PST funding question on the ballot in the upcoming civic election, city council ruled on Wednesday.

The question was the brainchild of Transcona Coun. Russ Wyatt, and would have asked Winnipeggers if they believe that "all the revenues collected by the provincial government's one per cent increase in the PST from inside the city of Winnipeg should be used towards fixing Winnipeg's existing roads and bridges."

Quoted

"We needed to send a message to the province. I think today the wrong message was sent by council."

Coun. Russ Wyatt on his motion's failure

His motion, which Coun. Paula Havixbeck seconded, was defeated in a 4-12 vote, with only Wyatt, Havixbeck, Jeff Browaty and Scott Fielding in favour.

"I still believe that until we get a share of growth revenue, like a PST, we're going to constantly and consistently have infrastructure challenges in our city that will not go away," Wyatt said after his motion failed.

"We needed to send a message to the province. I think today the wrong message was sent by council."

Several of Wyatt's colleagues said that while they shared Wyatt's frustrations, the ballot question was the wrong way to go.

United in that sentiment were councillors who don't normally see eye-to-eye, with Coun. Justin Swandel calling Wyatt's motion "political stunting" and Coun. Jenny Gerbasi adding that it was a bullying tactic.

Wyatt has been arguing for months that the one percentage point increase, to eight per cent from seven, means an extra $170 million in revenue from the Manitoba capital for the province, which he claims is returning only $50 million of it.

Tentative deal struck for new Lake St. Martin First Nation reserve

More than 1,000 aboriginals who have been out of their homes since a flood in 2011 devastated their Manitoba community are one step closer to getting a new $100-million reserve.

The residents of the chronically flooded Lake St. Martin First Nation have been dispersed around the province for the past three years. Most are living in hotels or temporary accommodation in Winnipeg.

The band has been negotiating with the federal and provincial government to find a new home on dry land.

Premier Greg Selinger declared a deal was close at hand seven months ago, and that prediction finally came true Tuesday when all three sides signed a tentative agreement for a new reserve near the old community.

No one has confirmed how much the agreement is worth. But draft figures from an Aboriginal Affairs and Northern Development Canada document dated last year and obtained through The Access to Information Act estimate a cost of almost $100 million for construction.

Manitoba Aboriginal Affairs Minister Eric Robinson said it will cost at least that much for housing, a new school, a nursing station and other infrastructure.

"We're not sending people back to the bush," he said Wednesday. "We're building a brand-new community. That's going to take some time."

The agreement is expected to be voted on by residents of the First Nation in September.

Chief Adrian Sinclair of Lake St. Martin First Nation couldn't be reached for comment.

Aboriginal Affairs and Northern Development Canada did not provide anyone to talk about the tentative agreement. In an emailed statement, the department called it "a significant step forward in returning remaining evacuees to their home communities."

Ottawa's chief negotiator, Sid Dutchak, who helped draft the agreement, will continue working with the First Nation and the province to get the deal done.

THE CANADIAN PRESS

No arrests

Man shot in north end

A man is recovering in hospital after he was shot outside a north-end home early Wednesday.

Police say the 31-year-old man was outside a home in the 600 block of Manitoba Avenue around 1:40 a.m. when an unknown man confronted him and shot him with a handgun.

Police don't know what led to the shooting, and no arrests have been made.

Anyone with information should call police at 204-986-6219 or Crime Stoppers at 1-800-786-TIPS.

METRO

Lock your doors

Winnipeg police warn of spike in vehicle break-ins

Police are reminding drivers to keep valuables out of sight in parked cars and make sure car doors are locked after a recent rash of vehicle break-ins.

Officers were called to 70 separate vehicle break-ins citywide from July 9 to 15. Police spokesperson Const. Jason Michalyshen says they are often preventable.

"The bottom line is don't make it easy for the criminal element," he told reporters Wednesday. "This season typically results in an increase in property-related crime ... and we're all potential targets."

Police suggest parking cars where they are visible, making sure doors are locked, windows are rolled up and sunroofs are closed, car alarms are turned on and valuables are either kept in the trunk or taken with you when you park.

"It might seem simple but ... these are the small things that oftentimes we forget," said Michalyshen.

"It takes only a moment to get into a vehicle."

SHANE GIBSON/METRO

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Drive-by shooting kills two in Curaçao airport's arrivals area

Six others injured. Government says no tourists hurt, calls it an 'isolated incident'

Police in Curaçao scoured the arid Dutch Caribbean island Wednesday hunting for gunmen who sprayed bullets at the arrivals area of the international airport, killing two people and wounding six.

Two local men were gunned down in the drive-by shooting late Tuesday at Curaçao International Airport in the capital of Willemstad. The six wounded were reported in stable condition.

Curaçao's government said no tourists had been shot, describing the shooting as an "isolated incident" involving local residents. No motive had been disclosed by investigators.

The international airport was open Wednesday.

The bloodshed unleashed a tide of emotion on the island of roughly 150,000 people. Officials have been struggling for years to contain drug smuggling rings, but this kind of violence is relatively rare.

"Curaçao is deeply saddened with what took place last night," Prime Minister Ivar Asjes said in a statement. Local officials are providing assistance and support "to anyone on the island that might require it," he added.

Police detectives recovered two handguns at the shooting scene and a number of spent bullet casings. Police said the unidentified gunmen sped off in two cars, but authorities released few other details of the investigation and the hunt for suspects on the small island about 60 kilometres off Venezuela.

The autonomous country within the Dutch kingdom is best known for its diving opportunities and a historic city centre that is a UNESCO World Heritage site. It is also an offshore financial centre offering banking secrecy and a transshipment point for narcotics from South America bound for the U.S. and Europe.

THE ASSOCIATED PRESS

Recent violence

Last year, Curaçao had 22 homicides, down from 45 in 2002.

- Among the 2013 slayings was the unsolved assassination of influential lawmaker Helmin Wiels, who was shot to death on a beach as he socialized and sipped a beer.

Mr. Steffel, meet your baby daughter, Sophia

This image shows a family photo of Sophia Steffel, left, and a retouched version by Jillian Johnston of Mountain View, Calif. After Sophia died in a Cincinnati hospital last week, her father, Nathen Steffel, asked users on the website Reddit if someone could alter the hospital photo since he was "never able to get a photo without all her tubes." Johnston's work was one of hundreds sent in response. THE ASSOCIATED PRESS

Texas. Friends, family mourn couple and their four children shot dead

Family and friends laid to rest on Wednesday a couple and their four children who were shot to death in their suburban Houston home.

Stephen Stay, 39, his 34-year-old wife Katie and their four youngest children aged four to 13 were killed last week.

The oldest child, Cassidy, 15, survived the attack by playing dead, called police and identified her ex-uncle, 33-year-old Ronald Lee Haskell, as the gunman.

Authorities say Ronald Lee Haskell, the ex-husband of Katie Stay's sister, stormed into the family's home, bound them face-down on the floor and shot them.

Haskell had a handful of previous run-ins with law enforcement in Utah, where he had lived with his wife. Neighbours said Haskell's marriage was so rocky that Stay went to Utah last fall to help her sister escape the relationship and start a new life in Texas.

THE ASSOCIATED PRESS

Cassidy Stay, centre, cries after a funeral service for her parents and siblings on Wednesday in Houston. DAVID J. PHILLIP/THE ASSOCIATED PRESS

UBC researcher

Live-tracking Kenya's elephants with GPS collars

Forget Google Earth. Try Google Elephant.

Thanks in part to a tech-savvy PhD student at the University of British Columbia, rangers in northern Kenya are tapping into technology to combat poaching.

Jake Wall of UBC's geography department works for the conservation group Save the Elephants, where he has helped outfit almost 100 of the mammals with GPS satellite-tracking collars and designed complex algorithms that crunch the live data.

The system alerts rangers to changes in behaviour that might indicate an elephant is in distress, sick or even if it has fallen prey to poachers.

The live feed also offers a glimpse into the elephants' movements, interactions and other behaviours that are assisting researchers in helping the humongous herbivores, many of which remain endangered because of the illegal trade in ivory.

THE CANADIAN PRESS

U.S. federal labs

More pathogen vials uncovered

The same U.S. government scientist who found forgotten vials of smallpox at a federal lab earlier this month also uncovered over 300 additional vials, many bearing the names of highly contagious viruses and bacteria.

Food and Drug Administration officials said Wednesday the undocumented collection contained 327 carefully packaged vials listing various pathogens, including dengue, influenza and rickettsia. Last week the government only announced that it had recovered six glass vials of smallpox dating from the 1950s.

"The fact that these materials were not discovered until now is unacceptable," said Karen Midthun of the FDA's centre for biologics.

"However, upon finding these materials our staff did the right thing: they immediately notified the appropriate authorities, who secured the materials and determined there was no exposure."

THE ASSOCIATED PRESS

Guyana. Four feared dead after apparent attack by machete-wielding pirates

Four fishermen from Guyana are feared dead after an apparent attack by machete-wielding bandits who boarded their boat at sea, officials said Wednesday.

Agriculture Minister Leslie Ramsammy said the attack reportedly occurred off the coast of neighbouring Suriname.

The fishing boat's captain told police that he jumped into the Atlantic as the vessel was being boarded by men with machetes. He told investigators his four crewmates were attacked and apparently dumped overboard.

No bodies have been recovered, but police say the blood-spattered boat was recently found drifting at sea.

Guyana's fishermen have complained for years about pirates who seize catches and equipment — even their boats.

THE ASSOCIATED PRESS

Google exec's death

Prostitute pleads not guilty

A high-priced prostitute accused of abandoning a Google executive on his yacht after giving him a fatal dose of heroin never meant for Forrest Hayes, 51, to die, said her attorney as Alix Tichelman, 26, pleaded not guilty to prostitution, drug use and manslaughter. THE ASSOCIATED PRESS

Alix Tichelman in court Wednesday. SANTA CRUZ SENTINEL-POOL/THE ASSOCIATED PRESS

Actress gets 18 years in ricin case

Shannon Richardson is escorted to a sheriff's car in Texarkana, Texas, in this file photo. THE ASSOCIATED PRESS

A Texas actress who sent ricin-laced letters to U.S. President Barack Obama and the New York mayor and then tried to blame the crime on her soon-to-be-ex-husband was sentenced to 18 years in prison on Wednesday.

A federal judge gave Shannon Guess Richardson, 36, the maximum sentence under her plea deal on a federal charge of possessing and producing a biological toxin. Richardson was also ordered to pay restitution. She had pleaded guilty to the charge in December.

"I never intended for anybody to be hurt," she told the court, adding later, "I'm not a bad person; I don't have it in me to hurt anyone."

Richardson, who had minor roles in the television series The Walking Dead and the movie The Blind Side, said she thought security measures would prevent anyone from opening the letters addressed to Obama and the now-former New York mayor Michael Bloomberg.

Prosecutors say Richardson mailed three letters, then went to police and claimed that her estranged husband had done it. She was arrested last June after authorities said she tried to implicate her husband, who had filed for divorce. THE ASSOCIATED PRESS

The casino boat Escapade, with 123 people aboard, lies grounded off the coast of Tybee Island, Ga., Wednesday. U.S. COAST GUARD/THE ASSOCIATED PRESS

Coast guard fails to free grounded casino boat

Stuck on sandbar. Florida-based firm invited passengers to board for free on boat's maiden voyage

A casino boat carrying about 100 passengers on its maiden trip ran aground on a sandbar overnight off Georgia's coast and remained stranded Wednesday, after tow lines broke in the U.S. Coast Guard's initial attempts to free it.

The Escapade was supposed to return about 12:30 a.m., and those aboard — wearing life vests — were growing annoyed, though no injuries were reported, according to the Coast Guard and family members awaiting the passengers' return in Savannah.

Crews now plan to put the 96 passengers and 27 crew members onto Coast Guard boats that can hold about eight people, then transfer them to a larger vessel.

The 174-foot-long Escapade was off the north end of Tybee Island, a popular beach destination east of Savannah. A spokesperson for the Coast Guard said initial reports from the Escapade's crew were about a malfunction of the chart plotter, part of the navigation system. THE ASSOCIATED PRESS

Battle for birth control

U.S. bill to reverse supreme court ruling blocked by Republicans

Senate Republicans on Wednesday blocked a bill aimed at restoring free contraception for women who get their health insurance from companies with religious objections, a legislative setback for Democrats that they hope will be a political winner in November's U.S. elections.

Democrats sponsored the election-year bill to reverse last month's supreme court ruling that closely-held businesses with religious objections could deny coverage under the health care law.

Republicans called the bill a political stunt aimed at helping vulnerable Democratic incumbents in the elections. THE ASSOCIATED PRESS

Free money = problems

Hidden cash hunt organizer to pay city for damages

When the man with the Twitter handle @HiddenCash moved his scavenger hunt to Whittier, California, a thousand people trampled through a park seeking free money.

Now Jason Buzi, the real estate investor behind the cash giveaways, says he will pay for the damage.

KNBC-TV reported Tuesday Buzi has agreed to send the City of Whittier $5,000 to cover the cost of repairs.

City Manager Jeff Collier says cash hunters trampled on plants, uprooted a newly planted tree, tore apart sprinkler heads and broke fences. Collier says the city appreciates Buzi's gesture. THE ASSOCIATED PRESS

Abused twin daughters

Edmonton mom pleads guilty to manslaughter

An Edmonton mother has pleaded guilty to manslaughter for starving and abusing her two-year-old twin daughters before one of them died in hospital.

The woman, who can't be named to protect the identity of her surviving twin, also pleaded guilty Wednesday to aggravated assault and failing to provide the necessities of life. She originally had been charged with second-degree murder.

The mother admits in a court document that she didn't provide the twins with adequate food and assaulted them both over a prolonged period of time. The assaults led to serious head injuries. THE CANADIAN PRESS

Liknes family thanks Calgary for 'strength'

'Incredibly sad'. Douglas Garland, accused of triple murder, makes brief first court appearance

BRYAN WEISMILLER
Metro in Calgary

Sketch of Douglas Garland. JANICE FLETCHER/THE CANADIAN PRESS

Allen Liknes thanked Calgarians Wednesday for their outpouring of support — as the man accused of three murders in the slaying of five-year-old Nathan O'Brien and his grandparents made his first court appearance.

Liknes, son of businessman Alvin Liknes, said the tributes and search efforts have helped his relatives get through what's been an "incredibly sad" affair.

"The family has taken a lot of strength from it," Liknes told a throng of media gathered outside the downtown courthouse.

Douglas Garland, 54, faces two first-degree murder charges and one second-degree charge in connection to the alleged abduction case that's gripped Calgarians since the disappearances were made public.

The case was adjourned until mid-August, with the defence counsel asking for more time to get disclosure of the police investigation.

Garland's lawyer, Kim Ross, told reporters he'd wait to review those files thoroughly, before deciding "whether or not we'll seek any kind of release."

Lead Crown prosecutor Shane Parker said outside court he would be opposing bail for Garland as the case moves forward. Police have alleged a "violent crime" occurred inside the home and told reporters they found forensic evidence that suggests the three didn't leave on their own volition.

Garland was arrested near his parents' acreage in Airdrie earlier this week, which has been the ongoing site of a massive search.

The bodies of the Liknes couple and Nathan have not been recovered, according to investigators, although the alert ended with Garland's arrest. While police have maintained they've garnered enough evidence to lay the charges, family have held out hope the youngster will come home.

Asked whether it would be challenging to get a conviction without the bodies, Parker noted there are precedents.

"We've done it before and we'll do it again," he said.

Presumed dead

Alvin Liknes, wife Kathryn and grandson Nathan were last seen at the couple's Parkhill-area home on June 29.

- The court proceedings come the day after Calgarians released green balloons as a symbol of hope, and others have formed search parties to continue looking for the trio.

Typhoon kills at least seven in Philippines

A Filipino boy tries to sweep out floating debris from his flooded home on Wednesday, as Typhoon Rammasun battered suburban Quezon City, north of Manila, Philippines. Typhoon Rammasun knocked out power in many areas and left at least seven people dead, but it spared the Philippines' capital, Manila, and densely-populated northern provinces from devastation when its fierce wind shifted slightly away, officials said.

AARON FAVILA/THE ASSOCIATED PRESS

Mexico. Hundreds freed after group home raided

Mexican prosecutors said Wednesday that victims told harrowing tales of sexual abuse, beatings, hunger and filth in a once well-regarded group home where authorities freed a total of 607 adults and children in a raid.

Some were forced into sex by shelter employees and others told of being locked in a tiny punishment room without food or water. Ten of the victims were so malnourished police couldn't even determine their age.

The police raid on Tuesday freed six babies, 154 girls, 278 boys, 50 women and 109 men from the filthy shelter, where Attorney General Jesus Murillo Karam said inmates lived among 20 tons of garbage.

Nine employees of the shelter in the western state of Michoacan have been detained and are being questioned, but Murillo Karam said some others apparently tried to protect the children. THE ASSOCIATED PRESS

Sweden. Court upholds Assange detention order

A Swedish court on Wednesday upheld its detention order on Julian Assange, reaffirming the legal basis for an international warrant for the WikiLeaks founder which has kept him hiding in the Ecuadorean Embassy in London for two years.

One of Assange's defence lawyers, Per Samuelson, said they would study the judge's decision in detail and then "write a juicy, toxic appeal" to a higher court.

"Our legal arguments are solid and powerful," Samuelson told The Associated Press. "That they didn't work could be because the judge didn't give herself enough time to think."

Last month, Assange's lawyers filed a court petition to repeal the detention order — imposed by the Stockholm district court in November 2010 — on the grounds that it cannot be enforced while he is at the embassy and because it is restricting Assange's civil rights. THE ASSOCIATED PRESS

Moscow. Two detained after subway derailment

Investigators detained two Moscow subway workers Wednesday in the wake of a deadly rush-hour derailment that killed 22 people and injured 136 others.

More than 1,100 people were evacuated Tuesday after a train derailed between two stations in western Moscow.

Eight people remained in critical condition and 40 others have serious injuries, Moscow Mayor Sergei Sobyanin said in comments carried by Russian news agencies.

Russia's major investigative agency said in a statement it had detained a senior Moscow track foreman and his assistant.

Investigators said a new rail switch at the point where the train left the tracks wasn't properly installed during repairs in May and was attached to the rail by only a single three-millimeter wire. There is another subway line under construction nearby and the switch was to direct the trains to a new tunnel once the line is launched. THE ASSOCIATED PRESS

‘Beginning of the end of the AIDS epidemic’: UN agency

UNAIDS. Group also sets targets to reduce AIDS-related deaths and new cases by 90 per cent by 2030

A newly-diagnosed HIV-positive woman, who arrived at the hospital with symptoms of tuberculosis, receives treatment at the Mildmay Uganda clinic in Kampala, Uganda. REBECCA VASSIE/THE ASSOCIATED PRESS

The number of people living with HIV worldwide has remained virtually unchanged in the past two years and AIDS-related deaths are at their lowest since peaking almost a decade ago, according to a report from the United Nations AIDS agency released Wednesday.

Officials declared that ending the AIDS epidemic is possible even though they acknowledged the number of new infections — more than 2 million last year — was still very high. UNAIDS estimated there were about 35 million people living with HIV last year and in 2012.

The agency also set targets to reduce deaths and new cases by 90 per cent by 2030. It previously unveiled a strategy to get to “zero AIDS-related deaths,” which included ensuring all people who need treatment are on it by 2015.

Last year, there were about 12.9 million people receiving life-saving drugs and 22 million people still waiting. Some 1.5 million people died from AIDS-related causes.

Other health experts questioned whether setting more ambitious targets is wise.

“This idea of ending AIDS isn’t realistic,” said Sophie Harman, a senior lecturer in public health at Queen Mary University of London, who was not part of the report. She said it would be more helpful to think about managing the epidemic.

“Everyone can get behind ending AIDS, but this report doesn’t really tell us how to do that.”

Still, UNAIDS insisted in its report that we are at the “beginning of the end of the AIDS epidemic” and said the global outbreak can be stopped by 2030.

But with no vaccine and millions of people carrying the virus or becoming newly infected, some scientists said ending HIV may be idealistic rather than practical.

THE ASSOCIATED PRESS

Packing heat

Man tries to board plane with loaded gun in carry-on

The U.S. Transportation Security Administration says it stopped a man who had a loaded .38-calibre handgun in his carry-on luggage at Detroit Metropolitan Airport.

The agency says it’s the 14th firearm found so far this year at the airport in the Detroit suburb of Romulus.

THE ASSOCIATED PRESS

Death penalty

Punishment ruled unconstitutional

A federal judge in Los Angeles has ruled California’s death penalty unconstitutional.

The ruling Wednesday by U.S. District Court Judge Cormac J. Carney follows a similar ruling in Northern California that has kept the death penalty on hold in the state for years.

THE ASSOCIATED PRESS

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Palestinians flee their homes in the Shajaiyeh neighborhood of Gaza City after Israel had airdropped leaflets warning people to leave the area on Wednesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Israel to pause bombing in Gaza

UN request. Five-hour 'humanitarian' window comes hours after Israeli navy kills four Palestinian boys

The Israeli military agreed to a UN-brokered five-hour "humanitarian" pause starting Thursday morning in its strikes on the Gaza Strip to allow Palestinians to restock food, water and other necessities, hours after an attack by an Israeli naval vessel killed four Palestinian boys playing on the beach.

In response to a call by the UN, the military said in a statement Wednesday that it would hold its fire for five hours starting at 10 a.m. local time but warned it will retaliate "firmly and decisively" if militants launch attacks on Israel during that time.

UN deputy spokesman Farhan Haq told The Associated Press on Wednesday that Robert Serry, the UN special coordinator for the Middle East peace process, made the appeal for a "unilateral humanitarian pause" after talks with Israel's Coordination Office for Government Affairs in the (Palestinian) Territories.

The announcement came after a day of Israeli airstrikes and Palestinian militant rocket attacks as Hamas formally rejected a ceasefire proposal that had been accepted by Israel to end the nine-day-old conflict that officials say has left at least 213 Palestinians and one Israeli dead. THE ASSOCIATED PRESS

Quoted

"It's a cold-blooded massacre."

Abdel Kareem Baker, the uncle of four boys killed Wednesday by an Israeli naval vessel while they were playing on a beach

Syria

Assad again sworn in as president

In a lavish ceremony, a smiling and confident President Bashar Assad was sworn in for a third seven-year term on Wednesday, praising his supporters for "defeating the dirty war'' and denouncing insurgents who have "failed in trying to brainwash you or break your will."

As he declared victory, Syria's three-year-old civil war grinds on, with 170,000 dead and a third of the country displaced. THE ASSOCIATED PRESS

Israeli airstrikes. Many Gazans have nowhere to run despite warnings

The text message was as urgent as it was unwelcome: the Israeli army advised Mouin Ghaffir to leave his home quickly or risk being killed in airstrikes against Hamas rocket squads.

He swiftly sent his wife and 11 children to a dirty UN emergency shelter, with more than 40 people crammed in each classroom, but had to endure a night under bombardment at home after failing to find a safe place for his ailing 75-year-old mother.

Such is the life-and-death predicament of tens of thousands of Gazans being told by Israel to flee targeted areas, most with nowhere to go. UN shelters lack the space, and relatives, with their own overcrowded homes, often cannot help.

Israel says urging residents to evacuate — with warnings delivered through automated calls, text messages and leaflets dropped from planes — is an attempt to spare civilians whenever possible.

Ghaffir's story highlights the hard choices Gazans face in this war. THE ASSOCIATED PRESS

A man says goodbye to his grandson departing for Russia in the city of Donetsk, eastern Ukraine, on Wednesday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Ukrainian insurgents prepare for urban war

Relatives sent away. Ukrainian forces could be dragged into battle in city strongholds of Donetsk and Luhansk

Insurgents bade tearful farewells Wednesday as they loaded their families onto Russia-bound buses and began hunkering down for what could be the next phase in Ukraine's conflict: bloody urban warfare.

While the pro-Russian rebels in the east have lost much ground in recent weeks and were driven from their stronghold of Slovyansk, many have regrouped in Donetsk, an industrial city that had a population of 1 million before tens of thousands of civilians started fleeing.

The rebels also hold the city of Luhansk, where they are said to be taking up positions in residential and industrial zones while lobbing artillery at government troops.

Despite the government's desire to minimize civilian casualties, Ukraine's forces could find themselves dragged into grueling warfare inside the cities in their battle to hold the country together.

"To respond to this phase ... we evidently must change tactics," said Valeriy Chaly, deputy head of the presidential administration. He refrained from specifying how.

Insurgents in Donetsk appeared to be bracing for a bitter fight as they shipped their relatives out of the city.

One fighter, who declined to give his name, said that not having his wife and young daughter with him would free him to concentrate on the battles ahead.

"It is easier for us this way. It is easier to fight. Your soul is not ripped into two, because when they're here, you think about war and about your family — if they are OK or not," he said. "When you know that they are safe, it is easier to go to fight." THE ASSOCIATED PRESS

Sanctions

The U.S. and the European Union announced tougher sanctions against Russia, which is accused of fomenting the unrest by supplying the separatists with fighters and heavy weapons — an allegation Moscow denies.

- The U.S. slapped restrictions on Russian weapon manufacturers, energy companies and banks, while the EU moved to stop European financing agreements with Moscow.

Hague tells Netherlands to compensate over 300 families of Srebrenica victims

A court on Wednesday ordered the Netherlands to compensate the families of more than 300 Bosnian Muslims who were killed when Dutch troops handed them over to Bosnian Serb forces in 1995, in a ruling that could make countries more leery to contribute troops to peacekeeping missions.

The civil court in The Hague cleared the Netherlands of liability in the massacre of nearly 8,000 others, saying that although those people sought protection in the UN safe haven of Srebrenica they were never directly in the custody of Dutch troops.

The ruling could be appealed, however. The court ruled that the Dutch peacekeeping troops could have protected the 300-plus men and boys who were among thousands of Muslims — mainly women, children and elderly people — taking shelter in a Dutch compound inside the UN-declared safe haven of Srebrenica.

The troops — part of a Dutch UN battalion known as Dutchbat — handed over those in the compound two days after the town fell. The Bosnian Serb troops then killed the Muslim men and boys, who "would have survived if Dutchbat had acted properly," said Presiding Judge Larissa Alwin. THE ASSOCIATED PRESS

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Get a warrant. Pair of telecoms no longer giving info to police without one

Two major telecommunications firms — Rogers and Telus — say they will no longer routinely give basic customer information to police and security agencies without first seeing a warrant.

In the case of Rogers Communications Inc., concerns voiced by subscribers also played a role in tightening the disclosure policy, the company said Wednesday.

In June, the Supreme Court ruled police need judicial authorization to get personal information about customers from Internet providers.

By the numbers

- **175,000.** The number of requests for customer info Rogers received from government and police agencies last year
- **87,856.** The number of times Rogers shared names and addresses

Police would not need a warrant to get basic subscriber information in life-threatening emergencies. THE CANADIAN PRESS

Market Minute

DOLLAR 93.06¢ (+.11¢)

TSX 15,226.34 (+145.02)

OIL $101.20 US (+$1.24)

GOLD $1,299.80 US (+$2.70)

Natural gas: $4.119 US (+$.022)
Dow Jones: 17,138.2 (+77.52)

What happens to your online life when you die?

This Feb. 16, 2013, photo shows a printout of the Facebook page for Loren Williams, who died at the age of 22. LAUREN GAMBINO/THE ASSOCIATED PRESS FILE

Digital afterlife.
Advocates fight to give next-of-kin access to digital accounts of deceased

When you die, should your loved ones have access to your Facebook, Yahoo and other online accounts?

A group of influential lawyers says yes, unless you specify otherwise in a will. The Uniform Law Commission was expected to endorse a plan Wednesday to automatically give loved ones access to — but not control of — all digital accounts, unless otherwise specified.

To become law in a U. S. state, the plan would have to be adopted by the state's legislature. But if it does, designating such access could become an important tool in estate planning, allowing people to decide which accounts should die when they do.

"Our email accounts are our filing cabinets these days," said Suzanne Brown Walsh, a Cummings & Lockwood attorney who chaired the drafting committee on the bill. But "if you need access to an email account, in most states you wouldn't get it."

Ginger McCall, associate director of the Electronic Privacy Information Center in Washington, said a judge's approval should be needed to protect the privacy of both the owners of accounts and the people who communicate with them. THE ASSOCIATED PRESS

Online legacy

"This is something most people don't think of until they are faced with it."

Karen Williams of Beaverton, Ore., who sued Facebook for access to her son Loren's account after he died

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Many Canadian Netflix users watching U.S.-only content

In the U.S., you can log into Netflix to catch the controversial final season of Dexter, binge on all seven seasons of 30 Rock, watch the first eight seasons of the cult TV comedy It's Always Sunny in Philadelphia or catch the first three seasons of the breakout hit Louie.

In Canada, none of those are available.

But a new report suggests one in three anglophone Canadian Netflix users are accessing movies and TV shows that are supposed to be available only south of the border.

The Media Technology Monitor commissioned a telephone poll of 2,002 anglophone Canadians this spring to ask respondents about their tech habits and routines.

About 32 per cent said they were Netflix subscribers.

But according to the survey, a significant number of Canadian Netflix users — 35 per cent — have stumbled upon a trick to access content available in other countries.

There are free and subscription-based online services that mask a user's Internet address to make it appear that they actually reside elsewhere.

One of the most popular reasons for signing up for those services is the ability to access different catalogues of content through Netflix. THE CANADIAN PRESS

Public broadcasting

Former CBC execs oppose CBC cuts

Nine former members of the CBC board of directors have written to the public broadcaster's current chairman to express alarm at recent cuts to the corporation.

The CBC is trying to absorb a $130-million budget shortfall and announced last month it is slashing some 20 per cent of its workforce over the next five years. THE CANADIAN PRESS

BlackBerry bruised

Shares drop amid news of Apple/ IBM partnership

BlackBerry shares dropped Wednesday after details emerged of a partnership between Apple and IBM aimed at business customers.

The partnership comes as BlackBerry is trying to reaffirm its position catering to businesses and government agencies that require secure mobile communications. THE ASSOCIATED PRESS

Economic forecast

Minimum wage ratio on rise

The average minimum wage has remained unchanged in real terms for almost four decades, but economists say more recent increases are likely to continue in the coming years.

As a share of average wages the minimum wage has been climbing fairly steadily since the low was reached back in the mid-80s, said Doug Porter, chief economist with the Bank of Montreal. THE CANADIAN PRESS

WOMEN SURE ARE ORGANIZED, AMIRITE?

HE SAYS

John Mazerolle
metronews.ca

This week I'm on vacation in New Brunswick (motto: "Ride the downward spiral!"), so I'm mailing it in, literally and figuratively.

What quick-and-easy topic should I touch on? Today's music is the worst? Cat people versus dog people? The federal government sucks (amirite)?

Oh wait, I've got it: women and men are different! I've noticed this a lot recently because I'm dating, and my girlfriend is indeed different than I am. I know criticizing a woman runs me the risk of perpetual online hatred until Twitter becomes obsolete, but I can say only what I see: she's just weird, what with her "planning" and "foresight," never mind her "top sheet" and "air freshener."

And as we prepared for our trip to N.B., she sometimes packed in ways so foreign to me I felt I was dealing with a different species. This is not the typical stereotype of a woman who over-packs because she hopes a provincial park with a name like Moose Mill might have call for high heels. No, this is a woman who packs a week in advance to give her the chance to rethink and adjust the placement of items as the departure date nears.

Yes, her packing has a first freaking draft.

"Devon" (she doesn't want her real name used, so let's keep this between us) packs small. She has one carry-on bag for two weeks of travel. It's not that she's a light packer — when she rattled off all the clothing, toiletries and other bric-a-brac in her bag it reminded me of those old McDonald's ads in which a customer orders the entire menu in 30 seconds.

It's like her bag is a TARDIS, bigger on the inside than is physically possible judging by the outside. She packs so densely that other items in the room are drawn in by the bag's gravitational pull. Meanwhile, I put three days of clothes and a stick of deodorant in my backpack and it looks like I've stuffed in several dozen bricks and a dead informant.

Devon says my packing technique is like a smash-and-grab at a jewellery store. "It's basically turning over a drawer into a garbage bag," she says. I don't think that's entirely fair. For instance, I ask myself important questions like, "I wonder what I forgot this time?" (Answer on this trip: a coat.)

Sure, you could spend literally an hour or more planning like my girlfriend, or you could embrace unpredictably and do it my way:

1) Sweep all the items in your medicine cabinet into your backpack.

2) Stuff in a layer of clothes.

3) Add books, laptops, PlayStations and anything else you need to help you get away from it all.

4) Add another layer of clothes. It's like a packing parfait.

5) Compress.

6) Place a framed photo of your family on top.

NOTE: one cat per bag.

And voila. Packing my faster, simpler way will free up more time for you to think about the differences between men and women. Or about that terrible federal government. They suck, amirite?

HEAVY STUFF

Basque stone lifter Ignacio Perurena holds on to a 250-kg stone during an exhibition in Cambo les Bains, southwestern France, on Tuesday. The Basque rural sports trials have their origins in routine rural tasks.
BOB EDME/THE ASSOCIATED PRESS

No stone left unlifted for Basque strongmen

The Basque people are known for their competitive nature.

Their well-attended rural sports competitions have a variety of games that require an amazing amount of strength and plenty of testosterone.

Wood chopping, lifting hay bales, handling oxen, participating in insane tug-of-wars, running races with 200-pound bags of corn on their backs and more are all part of the Basque rural sports tradition.

However, the best known outside of the region is harrijasotze, or stone lifting. This is a true mighty-man's sport, and only the strongest in the region participate. Competition is fierce, and the best-known champions are looked upon by the locals as heroes, much like popular sporting figures .

The stones used in the lifting competitions are made of granite and usually weigh between 100 and 212 kg, though heavier stones may be used if the lifter wants them and has a proven ability to lift them. Competition stones are cut into squares, spheres, cylinders and rectangles to provide a variety of lifting challenges. CITIESJOURNAL.COM

Bad to the bone

Stone lifting takes its toll on the body. Many professional stone lifters have osteoarthritis by the time they're in their 20s or 30s. Most have retired to become trainers for the next generation by their 40s or 50s.

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MetroTube

Pimp my used-car ad

ANDREW FIFIELD
andrew.fifield@metronews.ca

Craigslist is great. Plenty of no-frills free listings to peruse, excellent deals and amusing Missed Connections. Craigslist is terrible. Ugly, crowded and populated by shady deals and dubious characters.

It's fair to say the seller of this unremarkable hatchback weighed the pros and cons before settling on where to advertise. It's fairer to say his decision was more influenced by his connection to Australian ad agency Chimney Group, which created the slickest campaign for an everyday used car you'll ever see. Dubstep? Check. Smash cuts? Many. Buzzwords? Only the most disruptive. (buymybarina.com/YouTube)

SCREENGRAB

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SCENE 2

What's in a name? Well, quite a bit if it happens to be Cuddy

The Devin Cuddy Band.
Son of Blue Rodeo's Jim Cuddy brings a jazzy, honky-tonk style to the Canadian music scene

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

While intent on paving his own path, Devin Cuddy knows turning down a tour with one of Canada's biggest bands would just be silly.

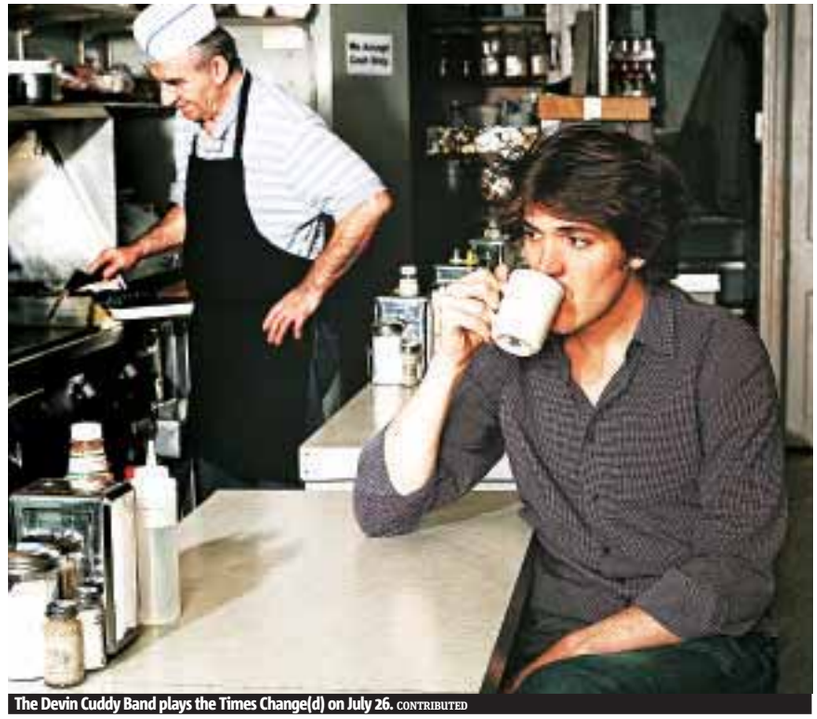
The 27-year-old Toronto pianist/vocalist is the son of Blue Rodeo member Jim Cuddy and earlier this year, The Devin Cuddy Band served as the opening act on Blue Rodeo's cross-Canada tour.

"Sure, I was (hesitant), but it was one of those opportunities.

"I realized a long time ago that doing it on your own has its merit, but it's a hard business and turning down some of the opportunities that I have is a foolish move," Cuddy says.

Cuddy's surname definitely opens a few doors, including the one to Lost Cause, Greg Keelor's farm recording studio in Kendal, Ont.

The Blue Rodeo guitarist/vocalist produced Cuddy's second album, Kitchen Knife, due out July 29 on Cameron House Records.



The Devin Cuddy Band plays the Times Change(d) on July 26. CONTRIBUTED

Cuddy says his band — made up of guitarist Nichol Robertson, drummer Zack Sutton and bassist Devon Richardson — had not played on most of Kitchen Knife's songs before entering Keelor's studio.

"The first record (2012's Volume One) we went in and we knew all the songs, they were set and we knew how we wanted them to sound, just bing-bang-boom," Cuddy says.

"This one, I wanted to take a different approach, partially because we were in the country with Greg, at his place, staying overnight and recording throughout the whole day.

"Also, some of the songs weren't quite ready yet, so we fleshed them out there. It was fresh. I really trust the guys I work with so it all came together."

Despite the Blue Rodeo bloodline, Kitchen Knife isn't chock full of Canadian country rock. Cuddy, who studied jazz performance at York University, opts for a jazzy, honky-tonk sound that seems better fit for a smoky saloon than an arena stage.

However, Cuddy's connection to country music is evident in his storytelling lyrical style.

"The first guys I got into were the outlaw country musicians in Nashville in the mid-'70s, guys like Guy Clark, Townes Van Zandt and Steve Earle, Townes especially because I think his lyrics are beautiful.

"I've since gone back further into George Jones, Hank Williams and Jimmie Rodgers, and then forward a little less so.

"Old country is all about lyrics and stories and that was what really captured me and was a big influence on my songwriting and style."

If you go...

The Devin Cuddy Band plays the Times Change(d) High and Lonesome Club on Saturday, July 26. Tickets are $15 at the door. Doors open at 8 p.m.

Braff took your money and made a movie

Wish I Was Here.
After taking a lot of flack for crowdfunding his indie film, Zach Braff is ready to debut it to the world

STEVE GOW
scene@metronews.ca

Wish I Was Here opens on Friday. CONTRIBUTED

AUGMENTED REALITY

→ Want to see the trailer for Wish I Was Here? Scan this photo with your Metro News app and go right ahead.

metro AR

→ See the full instructions on Metro's Voices page.

Tugging at heartstrings

- **Braff on the emotional punch of the film.** "I'm not saying my goal is to try to make people cry, but I want them to feel emotion, I want their heart to hurt," said Braff. "Otherwise I feel like I failed."

You wouldn't expect it would've been difficult for the guy who made Garden State to follow up his acclaimed hit comedy, but for actor-director Zach Braff, it's been a grind just to get a movie deal.

"There weren't a plethora of deals," admitted Braff recently while discussing his upcoming sophomore feature, Wish I Was Here.

"The only one on the table was to make it for what was essentially half of what I budgeted, make it in Vancouver from a menu of actors I didn't feel were right and not have final cut. I thought I'd rather not make the movie than do that."

Instead, Braff took his dramedy about a struggling Hollywood actor who finds himself at a crossroads after his father develops a terminal illness to website Kickstarter and raised the financing in under two days through crowdfunding.

"Before I had crowdfunding, I had to deal with the inane conversations of casting and a financier is always going to say 'Mandy Patinkin can be on the list but what if it was Robert DeNiro?'" said Braff.

"Once all that nonsense was gone and I was the CEO of this corporation making this movie, I was picking Mandy Patinkin, Josh Gad, Kate Hudson, I was firing off all shots."

The triumph of crowdfunding not only gave Braff full creative control but the experiment also catapulted the Scrubs star into controversy after critics called out the ethics of a wealthy celebrity turning to the public to expense his project.

"There's so much misinformation about this, I had to wage so many debates and really explain film financing to Earth," said Braff.

"One question that does need to be debated is where this money is going to come from for personal indie projects because it's certainly dried up.

"Studios don't make these movies; they buy them at festivals if they like them. I think that's the bigger question."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift. ALL PHOTOS GETTY IMAGES

Taylor Swift suffers revenge of the nerds

Thanks to court documents, we can finally put some names and faces to the three Connecticut residents charged with vandalizing Taylor Swift's Rhode Island vacation home, and the results are … kind of brainy.

Michael Horrigan, 29, Tristan Kading, 28, and Emily Kading, 26, pleaded not guilty to charges they hurled beer bottles and shouted expletives at security guards monitoring Swift's property last month, according to TMZ. So what do they do when they're not drunkenly defacing property?

Tristan Kading, for one, studied chemical oceanography at MIT and received the Richard Montgomery Award for Achievement in Mathematics. Younger sister Emily is studying to be a nuclear physicist, and both Kading and Horrigan were given citations for heroism last year after rescuing a 12-year-old girl from a cap-sized canoe.

Leave it to Swift to attract the nicest, smartest delinquents you could hope for. The defendants, by the way, say they "harboured no ill will toward Swift," who wasn't home at the time.

Jeff Goldblum makes girlfriend cry ...tears of joy

Jeff Goldblum is looking to settle down, having popped the question to his girlfriend of two years, 31-year-old gymnast Emilie Livingston, while on vacation in Hawaii.

Livingston took to her Twitter account to gush about making it official with the 61-year-old Jurassic Park star. "I was taken over by tears of joy n ecstasy! We picked the ring 2gether #inlove," she wrote. She later posted a photo of the ring itself.

Jeff Goldblum

Goldblum was previously married to Patricia Gaul from 1980 to 1986 and Geena Davis from 1987 to 1990.

The Word

Even on vacation, SJP and Matthew Broderick find trouble in paradise

NED EHRBAR
Metro in Hollywood

You know what everyone loves on a vacation? "Intense discussions." They're the best! And apparently that's what Matthew Broderick and Sarah Jessica Parker have been having while visiting Ireland.

According to the National Enquirer, Broderick and Parker headed to their usual holiday spot on the Emerald Isle specifically to address their marriage woes and his wandering eye. "They normally venture all around Donegal, but this time they spent the majority of their time locked away in their remote home out in the countryside," a source says. "One evening they went into Nancy's, a seafood restaurant, and hardly said a word to each other."

That sounds so much like the opposite of fun. But hey, at least they're not stewing silently over dinner at home!

Britney Spears

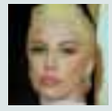
Britney and boyfriend want a family of their own

Those Britney Spears break-up rumours were apparently premature, as the singer and boyfriend David Lucado are reportedly already thinking about expanding her family once she's done with her current Las Vegas residency, according to Radar Online.

"Britney cannot wait until the Vegas show is done because she wants to start a family with David. She says she will get pregnant as soon as the show is finished," a source says. "David is always with her in Vegas and they act like an old married couple together. He is really good with her kids and has taken to the father role pretty easily."

Twitter

@SethMacFarlane
Sorry I haven't tweeted in awhile-- Been immersed in pre-production for Ted 2! I think you're gonna like it.



@ladygaga
I resent that I have to be getting married to wear Bridal, I mean what if I just love wearing white lace and pearls without it being creepy.

@MarkDuplass
Honk if you're feeling slightly overwhelmed about how often you've been feeling slightly overwhelmed these days.

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SHOPPERS DRUG MART

What tricks have you got up that sleeveless summer shirt?

Secrets in the sun.
Testy temps no longer have to wreak havoc on your beauty regime with these pointers

RACHEL VIGODA
Metro World News

We spoke with makeup artist B Wilson of Just B Beautiful for insider tips on how to stay looking bright and fresh despite the heat. Wilson and her "glam squad" offer on-location hair and makeup services in New York, New Jersey and Philadelphia.

Here are the tricks — and the products — she swears by.

Don't cake it on

"Leave that damn highlighter alone!" Wilson says. "When you sweat, your pores are open, so if you have makeup on your skin the makeup is going right into your pores and clogging them up. Wear the least amount of makeup possible and focus on your natural glow." If you're not brave enough to go totally bare, try a dab of tinted moisturizer and then contour with a light bronzer like Soleil Tan de Chanel. Absolutely refuse to give up foundation? Wilson recommends Urban Decay's Naked Skin, which is "super light, but gives surprisingly full coverage."

Light and bright

"Leave that damn highlighter alone! Wear the least amount of makeup possible and focus on your natural glow."
B Wilson
Makeup artist

Get a (sunless) tan — no matter what your skin colour is

Use a sunless tanner on your legs, whether you're "the palest of pale to the darkest of dark," says Wilson: "I'm African American, and I still get a spray tan on my legs." The trick is a very light touch; you're going for a subtle glow just a shade or two darker than your natural color to create a smooth, even, firm look. Wilson goes to The Bronzed Bee in Philadelphia for a customized airbrush spray tan. For a cheaper DIY option, she likes Airbrush Legs by Sally Hansen or Jergens Natural Glow.

Wouldn't it be nice to let the natural you out into the world? ISTOCK

Make an easy at-home cellulite eraser

Mask cellulite with this simple recipe:

- Instant coffee (caffeinated)
- Almond oil or vitamin E oil
- Brown sugar

Combine the ingredients, gently scrub in the shower, rinse off, and then admire your firm-looking thighs and butt. The smoothing effects will last for hours, Wilson says. Store any extra mixture in a mason jar for up to five days.

Expert tip: Do not use regular ground (not-instant) coffee, unless there's a sexy plumber you want to invite over — it will clog the drain.

B's bonus tip

Banish excess shine

- This isn't for everyday, but if you're prepping for a special occasion, "wash, moisturize — and then prime with Milk of Magnesia," Wilson says. "It acts as a barrier for the excessive sebum that builds up, and keeps your face smooth and matte the entire day." Just dab it on with a cotton ball and then cover the chalkiness with a light tinted moisturizer or powder.

Canadian street style

Spotted in Toronto

Name: Monica

Age: 26

Occupation: Fashion Designer

What she's wearing:
Vintage black shoes, Lord & Taylor skirt, Big Buddha purse and Aldo sunglasses.

Her inspiration:
"I'm inspired by the modern, independent woman. I like edgy fashion and really enjoy the style and trends found in Italian Vogue."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!

Showing side-boob will definitely turn heads, but in a good way or a bad way? Go online to Trends Report and check out how celebs like Jennifer Lawrence and Kim Kardashian pull off this look and let me know, can showing side-boob ever truly look classy?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

LIFE 3

PLUS HOMES

There are three levels of trends in home decor: Seasonal trends (like nautical summer decor) that last just months; three-year trends (like brushed nickel plated metal accessories); and 15-year trends such as wood floors or kitchen cabinet finishes. I am happy to announce the next big 15-year trend, but I'm not sure you're going to like it. If you want to invest in your home's decor, simply look back 30 years for the next big thing. Yes, elements of the 1980s are creeping back into our lives. Here's a quick compilation of coming decor trends

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Turn back time for decor trends in your future

Piping dreams

Look for less nail-head trims, button tufting and exposed furniture legs. The upcoming trends include skirted sofas, very low profile legs, piping trims and leather details. Contrast piping shows off shapely lines. Groove Chair Custom, $1,300, urbanbarn.com

Sofas go deep

Be gone, you skinny-armed sofa. Wide, square arms, deep seating and slipcovers make their return. McGill deep-seat sofa, $4,200, montauksofa.com

Hand-forged metallics

Goodbye to nickel and brass and hello hand-forged steel, raw bronze and hammered zinc for a hand-made look to modern home accessories. Hess Side Chair, $229, crateandbarrel.com

Concrete ideas

Travertine stone from the 1980s is gone, but modern interiors will have concrete finishes and stone looks for a touch of nature inside the home. Malay Cast Concrete Coffee Table, $800, restorationhardware.com

Tone-on-tone carpets

Lately, rugs have been treated as art for the floors, with bright colours and shocking patterns. Look for tone-on-tone carpets made with luxurious materials like virgin wool, silk and mohair. Vintage Grey VCO9, $13,500, elte.com

Symmetry meets its match

People have been trying for years to conquer the eclectic look with end tables and small furnishings. The next wave of decorators will keep it simple and create symmetry. Dark Zinc Open Nightstand, $555, restoration-hardware.com

A bit of chew, some crunch and lots of yum

Salad Spotlight. While Metro's week of lightening your plate ends tomorrow, today enjoy this lentil salad that requires no effort

This recipe serves four to six. PHOTOS ERIN GLEESON

"I like my salads to be more filling and 'meaty', so I use more chopped vegetables and sometimes even cooked ingredients as well," writes Erin Gleeson in her book The Forest Feast.

"All of (my salads) can be served at room temperature, which means that they are easy to make ahead and keep in the fridge for a weeknight dinner, or when a party.

Gleeson also notes, "Canned lentils work great (for this salad), but if you make your own, boil them like pasta on low to avoid them turning to mush. This filling salad is tossed with sun-dried tomatoes, purple cabbage, cherry tomatoes and dried cranberries."

The dressing keeps in the fridge for one week. Before using it, bring it to room temperature.

Ingredients

Salad
- 2 cup (400 g) cooked lentils
- 1/2 cup (30 g) sun-dried tomatoes
- 1/2 cup (64 g) dried cranberries
- 1 cup (150 g) halved cherry tomatoes
- 2 cup (140 g) shredded purple cabbage

Lemon-Mustard Vinaigrette
- 3/4 cup (180 ml) olive oil
- 1/4 cup (60 ml) lemon juice
- 2 tbsp Dijon mustard
- 2 tsp maple syrup

1. To be quick, use canned (lentils). If from scratch, follow package instructions.

2. If using dry red lentils, they can get mushy easily, so I cook them on medium-low for 15-20 min. until al dente, then strain like pasta and cool

3. Mix lentils with sun-dried tomatoes, cranberries and halved cherry tomatoes. Spread over shredded cabbage and dress with Lemon-Mustard Vinaigrette.

Lemon-Mustard Vinaigrette

1. (Combine all ingredients and) shake it, baby! **RECIPES ADAPTED FROM THE FOREST FEAST BY ERIN GLEESON (STEWART, TABORI & CHANG, 2014)**

For your phone

Food Sorted (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This Foodie's guide to YouTube collects videos for their techniques, recipes, and laughs. You can filter out clips by your dietary preferences and save your favourites as a video cookbook.

Lunch. Corn and Cauliflower Tacos

Top these Corn and Cauliflower Tacos with hot sauce and Greek yogurt to balance the flavours. Serve them in small corn tortillas.

1. Chop cauliflower, combine in bowl with corn kernels, red pepper flakes, chili powder, garlic powder, olive oil, salt, and pepper. Transfer to baking sheet, bake at 450 F for 15-20 mins until golden.

2. Spoon into warm tortillas.

3. Top each taco with Greek yogurt, feta and hot sauce.

Ingredients

- 1 small head of cauliflower
- 2 ears of corn kernels
- 1/2 tsp red pepper flakes
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- Olive oil, salt and pepper
- 4 or 5 warm tortillas
- 1 tbsp Greek yogurt
- 1 tbsp feta
- Hot sauce

Cookbook of the Week

Forage in the forest

The inspiration behind The Forest Feast is authenticity at its best. Author Erin Gleeson moved to a cabin in a California forest and learned to rely on nature. It's no wonder that most of the book's 100 vegetarian recipes call for only a few ingredients and require very few steps. **METRO**

Hungry? You won't be after taking this food tour

Tasting the Exchange District. Why decide where to eat when you can eat everywhere?

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

With so many fantastic restaurants beckoning, deciding where to eat in the Exchange District can be daunting. There's a solution for that—Exchange District Food Tours.

Devour the Districts runs Tuesday and Thursday evenings ($60). **Little South America Tour** (new this year) runs Monday evenings only ($70). **Afternoon Delights** happens Wednesdays from 2 to 5 p.m. ($55). Together the three guided tours feature 11 of the area's finest restaurants.

History and architecture are included in these tours that will not leave you hungry. For example, the Little South America Tour begins at Carnaval where an endless line of roasted meats are offered in the Brazilian churrascaria style of all-you-can-eat. There are delicious side dishes too along with a hearty glass of cabernet sauvignon. From there it's on to Hermanos where sausage and peppers, ceviche made with Manitoba pickerel, breaded, tender beef slices and the city's most delicious empanadas just might put you over the edge. The samplings include a hard-to-find Uruguayan Tannat wine or a bright Pisco Sour cocktail.

The tour wraps up at Corrientes, known for its fabulous pizza, but equally gifted at putting a fantastic dessert on the table. Gianduia is a chocolate and hazelnut delight usually served as a torte, but here it comes as a mousse with dulce de leche and whipped cream riding sidesaddle. A boozy coffee is the perfect ending to this mouth-watering tour.

Book your tours online but remember to do it early. They're a hit for locals and visitors alike and tend to sell out quickly. Find the tours at exchangedistrict.org.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

The Little South American tour begins at Carnaval with a sampling of roasted meats delivered on a skewer and carved tableside.
SHEL ZOLKEWICH/FOR METRO

Unlikely leaders meet up

Both at 3-0. Bombers meet Eskimos as the biggest surprises of the CFL season so far

Members of the Winnipeg Blue Bombers' offensive line sort out their assignments prior to the snap in a CFL game against the Toronto Argonauts at Investors Group Field on June 26, in Winnipeg. MARIANNE HELM/GETTY IMAGES

Not many would have picked the Winnipeg Blue Bombers and Edmonton Eskimos to be leading the league early in this CFL season.

"I don't think very many people did," Bombers offensive lineman Glenn January said Wednesday, on the eve of the two 3-0 CFL West clubs' first meeting of 2014.

"It's just a testament to what both clubs have been able to accomplish in the off-season. I think we both decided that serious changes had to be made and we've seen that on the field."

Edmonton trailed the West and Winnipeg the East as they finished out of the playoffs in 2013 and both sacked their coaches, dipping into the Argos' pool to pluck Chris Jones and Mike O'Shea to lead their recovery.

Edmonton defensive tackle Almondo Sewell, the CFL's sack leader and defensive player of the week, said it all has to be kept in perspective just three games into the season.

"We were both terrible last year and now we're like top of the league but, like I say, it's a long year, anything can happen," said Sewell.

Besides the coaching changes, much of their success has been laid in the hands of their young quarterbacks — the Bombers' Drew Willy and Mike Reilly in Edmonton.

"In the huddle, they're the exact same," said Winnipeg receiver Nick Moore, who played with Reilly in B.C.

"Calling out the play call, making sure that guys are (paying) attention to details, paying attention to the little things. They're both leaders, making sure everybody's in the right place, doing the right things."

They have also known each other for years, ever since they met at the 2009 NFL combine.

As Sewell says, the season is young, but in quarterback statistics, Willy sits at No. 2 in the league with 871 passing yards and Reilly (738) is at No. 3, behind Toronto's Ricky Ray (982) at No. 1.

Winnipeg has its own defensive guru in Gary Etcheverry, who has also introduced some new wrinkles this season to confuse offences.

One thing O'Shea is hoping for Thursday is fewer penalties, suggesting wins are going to be harder to come by if things don't change. The Bombers had 15 for 148 yards last week in Montreal.

This is the first divisional game the Bombers have played as a Western team in almost a decade, thanks to the return of Ottawa to the league.

THE CANADIAN PRESS

Week 4 pick

Eskimos at Bombers, Thursday, 7:30 p.m., TSN

They're the talk of the CFL and easily the league's biggest early season surprises.

Winnipeg's Drew Willy — after serving as the backup in Saskatchewan — has emerged as a bona fide star in his first season as a league starter. The former Buffalo star is the CFL's second-ranked passer with 871 yards and has completed over 65 per cent of his passes with five TDs against two interceptions.

But Edmonton will present Winnipeg with its toughest opponent this season. Not only do the Eskimos boast a rugged defence, but they have a potent receiving corps that features Bowman and veteran slotback Fred Stamps.

Pick: Edmonton

Is John Singleton golf's new Cinderella?

Fans take a selfie with England's John Singleton of England at the Royal Liverpool golf club, Hoylake, England, Wednesday. PAUL NEWBERRY/THE ASSOCIATED PRESS

John Singleton had just finished up a practice round along the Irish Sea when four young girls approached him from the other side of the fence.

"Are you famous?" one of them asked.

"I'm playing in the Open," Singleton replied, trying to keep a straight face. "That's pretty famous, isn't it?"

Actually, there's no more improbable player at Royal Liverpool than this 30-year-old factory worker, who lives 10 minutes down the road and qualified for the British Open on his very first try.

Singleton strolled around the course Wednesday with two-time major champion John Daly and PGA Tour regular Dustin Johnson, a pair of Americans who didn't know the stunning back-story of the real-life Rocky in their group.

Johnson introduced himself on the first tee but didn't inquire further until the third hole.

"Do you play on the European Tour?" Johnson finally asked.

"No," Singleton replied, "I work in a factory."

He is the epitome of why this tournament is called the "Open," a guy with no resume to speak of playing his way into golf's oldest championship. This is the sort of rags-to-riches stuff normally reserved for the movies, the nobody who becomes somebody against all odds.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News app for more notes from the British Open.

metro AR → See the full instructions on Metro's Voices page.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be tempted to be nice for what you can get out of someone but do you have to be so mercenary? Put others first and be genuinely interested in what they're doing.

♉ Taurus
April 21 - May 21
You are entitled to enjoy yourself and there is no reason why you should feel guilty just because some people have not been as lucky as you.

♊ Gemini
May 22 - June 21
You will get the chance to do things for loved ones today but make sure they don't take advantage of you. Also, being of service does not mean you can't have fun as well.

♋ Cancer
June 22 - July 23
You know you can get what you want but that does not give you the right to take as you please. If you go to extremes now, you will have to pay for it later.

♌ Leo
July 24 - Aug. 23
Someone has been taking liberties and you need to confront them about it. If you leave it longer they may get the impression that they can take from you as and when they please.

♍ Virgo
Aug. 24 - Sept. 23
You may have strong opinions but remember that not everyone sees things the same way. Make an effort to find out what other people think.

♎ Libra
Sept. 24 - Oct. 23
Treat what happens over the next few days as an opportunity for advancement. And treat people you meet as potential friends and allies.

♏ Scorpio
Oct. 24 - Nov. 22
This is the ideal time to let your mind wander because it will lead you in new directions. For inspiration, connect with those who make you feel good.

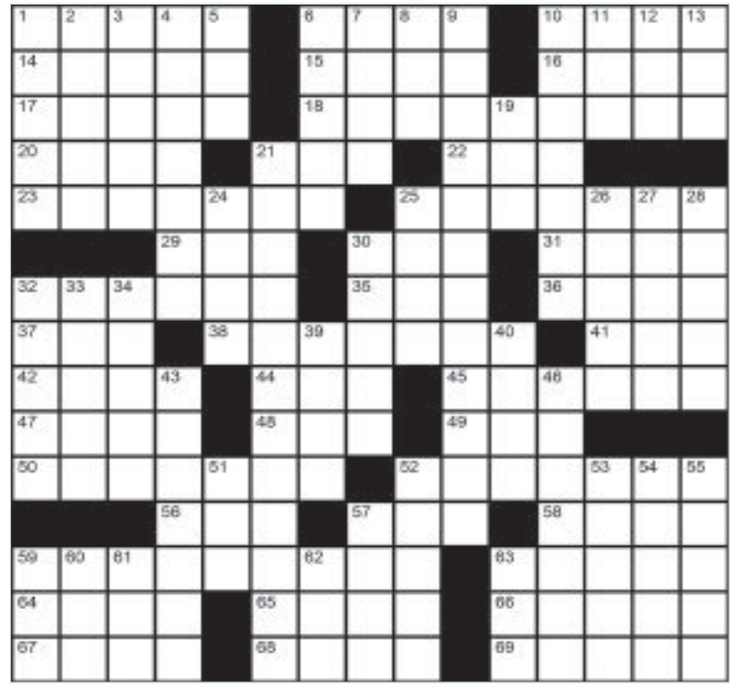
♐ Sagittarius
Nov. 23 - Dec. 21
The next few days will bring surprises. It's not often you are this lucky so make the most of it and don't think there is some kind of catch. There isn't.

♑ Capricorn
Dec. 22 - Jan. 20
The only way you are going to get what you desire is to communicate with those who can help. Co-operate with them fully and make sure their and your needs are catered to.

♒ Aquarius
Jan. 21 - Feb. 19
If you're motivated by greed, you are unlikely to get what you desire. If, however, you are driven by a genuine desire to help others you will succeed beyond your wildest dreams.

♓ Pisces
Feb. 20 - March 20
The cosmic omens are so good that you no doubt think you can do as you please. To a certain extent that is true but you should do things for other people as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan



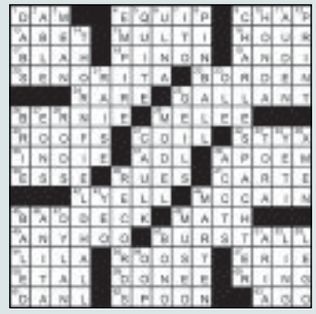
Across

1. Parks Canada mascot
6. Egg: French
10. Guzzle
14. Do well on the test: 2 wds.
15. ___ (Play's opening)
16. English river
17. Canadian series, "Due __"
18. Home reno show's ending: 2 wds.
20. Yes x 2: Spanish
21. My own: Latin
22. Hydrocarbon suffix
23. 'Them', to Us
25. Name and __
29. Botanist Mr. Gray
30. Uncooked
31. Dud
32. Tom Cruise vampire
35. Abu Dhabi is its cap.
36. Lucy Lawless role
37. Wrath
38. Northeast Saskatchewan town; or, actress Ashley
41. Ford fabrication
42. Alice's portrayer on "The Brady Bunch", __ _. Davis (b.1926 - d.2014)
44. Stitch
45. Brilliancy
47. After-Q queue
48. TV's "Mad __"
49. 'E' in BCE
50. Entrepreneur's new venture
52. Banned basement businesses, briefly
56. Long-snouted fish
57. Moscow's locale, briefly
58. Retro toy, __ Bat
59. Cereal brand
63. Bill __, "Saturday Night Live" alum
64. Klutz's shout!
65. Louisiana, par exemple
66. Plaudit
67. Nice names?
68. Count on
69. Slangly-spelled agendas

Down

1. Out, in fashion
2. Flip _ ___
3. Reduce. __. Recycle.
4. British Columbia port city, 'A Marvel of Nature and Industry'
5. Football player, e.g.
6. Hall & __
7. Canyon feedback
8. Sport-__ (All-purpose vehicle)
9. The __-__ (1969 novel by Canadian author Margaret Laurence)
10. Canadian makeup company, ___ _
11. Shade
12. Can. neighbour
13. Collective Soul song
19. Finish
21. Song by British band The Smiths that goes: "And the flesh you so fancifully fry / Is not succulent, tasty or kind...": 3 wds.
24. Time __ __ a premium
25. Stuck keyboard letter
26. Put into office
27. Navigational aid-at-sea
28. Fifth wheel
30. Uniquely-spelled song by California band LIFE
32. "Pretty Little __"
33. Surrealist artist Max
34. Austrian actress Ms. Berger
39. Percolate
40. Continental currency
43. Michael __ (Regina-born actor/tenor)
46. Canadian Rockies range, __ Range
51. Smidgen
52. Like the wind sometimes
53. George Gershwin co-composed tune: "Tee-__-Un-Bum-Bo"
54. Really request
55. Classifies
57. Authentic
59 Michael, to Kirk
60. Boo-__(Sniff!)
61. Circling stat.
62. 'Favour' suffix
63. She's-not

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		6		8			2	
	2	3		4				
8		4			7			
	4	9						5
	3		5		1		4	
7						8	3	
			4			9		7
				9		3	6	
	1			5		2		

Yesterday's Sudoku

4	2	9	5	6	8	3	7	1
5	8	7	3	9	1	4	2	6
1	3	6	7	2	4	8	9	5
3	6	1	8	7	5	9	4	2
7	4	2	6	3	9	1	5	8
9	5	8	4	1	2	7	6	3
6	9	3	2	8	7	5	1	4
8	1	4	9	5	6	2	3	7
2	7	5	1	4	3	6	8	9

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- Twitter: @sanasouphouse
- Facebook: www.facebook.com

SANA SoupHouse

on 387 Graham Ave.

This new Winnipeg based restaurant that offers fresh soups made daily as well as sandwiches and salads.

Sana is also working hard with a local dairy farm Optimist Holstein to develop their own Greek yogurt free from preservatives, stabilizers and thickeners. The yogurt is made from a single dairy source with proven high quality milk production.

The yogurt will be offered soon as Sana is looking to expand their hours into serving breakfast. Their breakfast includes fresh yogurt and crepes.

Head chef Teresa Dabrowski, has been behind the stove cooking up fresh new ideas for over 20 years. Teresa, a Chemist by trade, immigrated from Poland in 1990. With her skills and knowledge of chemistry, she brings a healthy science to her well kept soup secrets. Adding local farm fresh ingredients, such as vegetables, meats, herbs and spices, Teresa makes her soups with healthy living in mind.

"All my soups are prepared with fresh in season vegetables, and locally produced meats which contain many nutrients and oils that are essential in healthy day to day living." Explains Teresa.

Come experience Sana SoupHouse for breakfast or lunch Monday thru Friday. 10:30-6:00. Breakfast hours coming soon.